

## Creating a Vision of Sexual Health

What does positive and healthy sexuality look like for you? Use the questions below to help guide you to identify your positive sexual health. It is ok if you don't know all the answers to the questions below. It is ok if you only start with a couple of elements in your Sexual Health Definition/Plan. This is a work in progress that should, and will, evolve over time!

When creating your Definition/Vision of Sexual Health you can create any type of design that works for you (a list, a circle, a graph, a picture, etc.) to illustrate elements of what positive and healthy sexuality looks like for you. Place the word 'ME' in the middle of whatever design you use.

Below are some possible questions for you to consider as you develop a Definition/Vision of Sexual Health. Be sure to ask peers, your group, and your therapist for other questions you may want to consider as you put together your Definition/Vision of Sexual Health.

### Questions to Consider

What is your sexual identity?

Who are you sexually attracted to? Romantically attracted to?

What do you value in sexual interactions?

Possible factors might be:

- Spirituality
- Family
- Culture
- Community
- Relationships
- Peers
- Treatment

What have your past experiences been like? What have you learned from these? What would you like to repeat or not repeat in terms of behavior and/or fantasies? What healthy elements from past experiences do you bring into your new plan?

What does your sexual fantasy life say about you?

- What do you want to do in real life?

- What do you maybe want to do but are not sure?
- What do you like to think about but don't want to do?

How do these fantasies fit into your concept of a healthy sexual life?

What sexual behaviors make you happy?

What keeps you and others safe?

What sexual behaviors are in sync with your goals? values?

What makes you feel sexually and/or emotionally connected with others in a positive way?

What makes you feel good in your body?

What sexual activities make you feel good about yourself?

What makes you feel safe?

Do you need any mention of boundaries in your Sexual Health Plan?

Do you feel able to communicate with a partner about your sexual emotions/fears/concerns?

What may interfere with your Sexual Health Plan?

Is your Sexual Health Plan just about the physical aspects of sex? If so, does it need to include other elements such as sensuality, spirituality, physical health, etc.?

What aspects of the sexual health models discussed do you want to include in your Sexual Health Plan?

How do the 7 Desires of the Heart tie into your Sexual Health Plan?